

A, B, C, D, E

Here are the 5 ABCs of Winning.

A = ATTITUDE

1. Everything in life begins with your attitude, especially true in sport
2. Your Attitude will determine your Attitude.
3. Attitude also determines your response to adversity and failure.
4. Things will go wrong. How will you react?
5. Winners react differently.

B = BELIEF

1. Belief comes from earned confidence.
2. Do you believe you can win?
3. Do you believe that you can overcome any challenge thrown your way?
4. You must believe in yourself and your teammates.
5. You earn this belief or confidence through your hard work and dedication.

C = COMMITMENT

1. Competitive athletes must be committed.
2. Committed players win. Committed athletes win.
3. There are no shortcuts in competition.
 1. – Commit to the process.
 2. – Commit to the grind.
 3. – Commit to the day-to-day.
4. Develop great habits and make a commitment.

D = DISCIPLINE

1. Great players discipline themselves so others will not have to.
2. There are no secrets to success.

1. – You must put in the time.
 2. – You must create great habits.
 3. – You must grind it out every day.
3. Winners can be counted on to show up every day.

E = ENERGY

1. Finally, it all begins with Energy.
2. Winners are positive energy givers.
3. They make their teams better.
4. Their energy is contagious and feeds confidence into the teammates.
5. Winning teams bring positive energy every day.